Argus Orthopaedic Zone

Activities You Can Do After Total Knee Replacement

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Transforming patient information into patient understanding.

As I closed last week we listed the activities which I do not recommend after total knee replacement.

This week I will accentuate the positive and give you Dr. Haverbush's list of activities recommended for total knee replacement patients.

Allowed Activities

Walking
Slow dancing
Regular bike
Stationary bike
Golf
Bowling
Treadmill
Low impact aerobics
Swimming
Shuffleboard

Patients often ask me, "How far can I walk?" The answer is any distance. You will never wear out your total knee prosthesis by walking.

Allowed Activities with some experience

Mild to moderate biking
Cross country skiing
Stationary skiing (Nordic Trac)
Faster walking
Tennis, leisurely, non-competitive
Certain weight machines
Ice skating
Rowing

Activities Probably Not Recommended

Roller blading
Inline skating
Downhill skiing

Bottom Line

I want your total knee replacement to last as long as you do. I know that the LCS total knee replacement is uniquely designed to do that. Because of its extremely low friction on the moving parts, the prosthesis can last indefinitely if you take care of it and don't overload it or damage it.

Once in a while you may hear about some athlete or famous person having a joint replaced and resuming some strenuous activity. Pay no attention to that, as it is by far the exception and not the rule. When that person's joint fails you probably won't hear about it.

This should give you a good idea of what I feel is possible for my patients (any patients) after a total knee replacement.

You are always invited to check out orthopaedic information on our office teaching website www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection. We never close! Open twenty-four hours.

Our goal is simple – To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush